

Rules of the dance competition

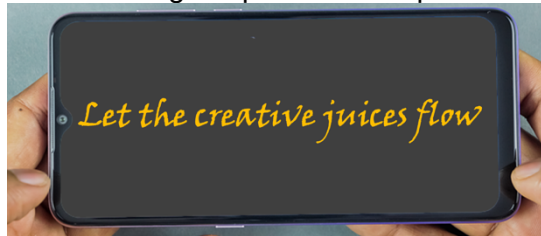
Welcome to the happydemic. This competition is for Free Health Club members so if you are not yet a member please join the club first. It's free. The link is on the banner on the homepage and at the bottom of all pages.

Entry closing date: 04 04 22. Winners announced by a surprise guest: 22 04 22

The minimum number of participants is 2. Thus, no solo acts. The maximum number of participants and mask wearing depend on the Covid-19 protocols of your country. If you are NOT from the same household, please keep a safe distance.

This is for all ages, 4 to 104! If you include other people's children, please get written permission from their parents. The Free Health Club will not be held liable if you include children without their parent's permission. Everyone is welcome even professional dancers.

All you do is stream the 2 versions of Asihambe on the page 'Theme song'. Create a dance(s) based on your favourite version or dances based on both. Dance to the tune and let someone record your dance holding the phone in this position.



You may enter as many different dances as you want even with the same version. Any **decent** dance is allowed – FHC TV is a **family show**. Any genre: street dance, modern dance, wheelchair dance, roller-skating, ice-skating, on crutches, sign language, tap dance, ballet, ballroom, pantsula dance, traditional dance, jive, cha-cha, hip hop dance, samba, folk dance, aerobics/spinning classes. The possibilities are only limited by your imagination...

This is the most democratic competition. There is no expert jury. The jury is only made up of the viewers, even non- members. The dances will be posted and on Free Health Club TV on the Free Health Club Facebook page. To win you need to get the highest likes and shares on both platforms combined. You may do anything legal and decent to encourage people to vote for you. Nothing is new under the sun so don't complain if others copy your dance.

You may not put your video on your own social media channels. You should only do so by sharing it to your followers via the Free Health Club Facebook page and Free Health Club TV after I upload it. In fact, that's the only way your votes will count and not the votes on your own page. In fact, posting your dance on your own channel directly will be in violation of copyright law. You don't want to do that.

Only send the dance, your name, the name of the group and where you are from.

Examples:

The recording plus Sipho Mkhize, Amagents-asemlazi, Umlazi, South Africa.

The recording plus Anna Scott, The Golden Oldies, Notting Hill, UK

Send your entries via WhatsApp to 0031 6 51 433 820. This number is strictly for sending competition entries – no calls and not text messages will be entertained.

If you have any questions please ask via the contact page of freehealthclub.online. The Free Health Club is a free service and thus does not have call centre staff.

The sooner you enter the better because you will have more time to accumulate votes.

Most importantly, have fun!